T-90

Theodore J. Kaczynski
HCR 30 Box 27
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May 26, 1991

Dr. Carolyn C. Goren
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Missoula MT 59807-7189

TC/CG

Dear Dr. Goren:

On May 20 I spoke on the phone with your nurse, Ms. Cooper, and she told me that the results of my blood tests were all normal. I asked her whether this meant that no further medical consultation was necessary in connection with my irregular heartbeats. She then reminded me that you had noted that a holter test and an echo test might be considered for me, but, she added, "I don't know how strong that recommendation is."

I don't know how much the echo test costs, but I understand that a holter runs about $200 per 24 hours. I could probably dig up the cash for a couple of days of a holter, but naturally I am not anxious to spend that much money if the test is only of marginal importance.

So it would be helpful if you could give me some indication of how important or unimportant these tests might be for me. Since I've paid you only for one examination and the accompanying tests, I have no right to ask you to take the time to answer this letter, but in case you do want to answer it I have enclosed a stamped, self-addressed envelope containing a piece of paper. You can just jot down your comments informally on the piece of paper and save yourself the time it would take to write a proper letter.

If you don't give me an answer, then I will understand that

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I have asked for more of your time than I've paid for. If you do give me an answer, then I thank you for it in advance.

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Incidentally, I've followed your recommendation and have stopped taking the 8 aspirin per 24 hours that I had been taking; I now take only one. I've been sleeping very well without the aspirin. But then, I haven't been under much stress lately.

Besides your advice, a further inducement to cut out the aspirin was an article titled "Aspirin," by Gerald Weissmann, that appears in the January, 1991 issue of the Scientific American. This article makes it clear that the physiological effects of "harmless" aspirin are far more extensive than the average person like me realizes.

Weissmann states (p. 88) that nonsteroidal anti-inflammatory drugs (presumably including aspirin) interfere with bone metabolism and the formation of cartilage, and he adds that this is "a matter of significant clinical concern."

He also indicates (p. 87) that the stomach irritation associated with aspirin is not the result of the corrosive action of aspirin itself. Instead, the physiological effect of aspirin impairs the stomach's ability to regulate overproduction of acid and line itself with a protective layer of mucus. If this is the case, then it would seem that coated aspirin and buffered aspirin are no better than ordinary aspirin as far as stomach irritation is concerned; and perhaps the usual recommendation to take aspirin with a meal is of doubtful utility, since I imagine that the physiological effect of aspirin outlasts the period during which

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the food is in the stomach.

Weissmann also describes some ways in which aspirin interferes with the body's immune responses -- so that I begin to wonder whether it is wise to take even the recommended one tablet per day.

But you probably know all this already, so I'll shut up and bring this letter to a close. Thanks again for your answer (if you choose to give me one) to my question about the holter and echo tests.

Sincerely yours,

Theodore J. Kaczynski

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